Canada has welcomed a large number of newcomers in recent years. Throughout their complex migration and settlement journeys, newcomer children and youth may have experienced adversities and traumatic experiences. As a result, they can experience psychological distress, struggle with functioning at home, school and communities and require additional support as they transition into new environments.

Develop and evaluate a promising group mental health intervention focused on supporting the transition of newcomer children and youth and bolstering their resilience and coping skills.

Offer the intervention in English and French district school boards as well as in community settings.

Develop and share materials for stakeholders to better understand how to support newcomer children and youth.

Newcomer children and youth are more confident and resilient, better able to cope with stress, and develop a greater sense of belonging.

STRONG clinicians feel more knowledgeable and confident about supporting newcomer children and youth and gain personal and professional benefits.

There is greater awareness of STRONG and lessons learned among educators, clinicians, researchers, community.

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The MHP-IF projects are supported by a Knowledge Development and Exchange Hub for Child and Youth Mental Health Promotion. You can learn more about this project, the KDE Hub and all 20 projects at kdehub.ca.